

NADAP E-Gram

Navy Alcohol and Drug Abuse Prevention

Keep What You've Earned Campaign New Materials

The Keep What You've Earned campaign introduces a new coaster series. A set of 9 double-sided coasters features responsible drinking tips and facts. Use these coasters to reach Sailors in locations where drinking might take place including local bars and clubs, the bowling center, and even the barracks. In addition to the coasters, find the new table tents also available through the Navy Logistics Library.

Due to unscheduled maintenance, the Navy Logistics Library is offline. To place an order, please contact the NLL Help Desk at 1-866-817-3130 or email: nllhelpdesk@navy.mil. Please provide the following info when placing an order:

1. Stock number and/or pub number ([Click here to view Pub Numbers](#))
2. Title
3. Qty
4. Shipping DODAAC
5. Name, Telephone # and email address



IN THIS ISSUE

- 1 KEEP WHAT YOU'VE EARNED CAMPAIGN NEW MATERIALS
- 2 BE A DESIGNATED DRIVER TONIGHT
- 3 AMERICANS TURN OUT IN DROVES FOR DEA'S SEVENTH NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY
- 4 KEEP WHAT YOU'VE EARNED CAMPAIGN WINS TOP MARKETING AND COMMUNICATIONS AWARDS
- 5 SAFE USE OF PRESCRIPTION DRUGS AND TIPS ON HOW TO AVOID MISUSING THEM
- 6 A GOOD HOST'S PARTY PLANNING CHECK LIST
- 7 MENTORING AND COMMUNICATION SKILLS
- 8 ARE WINDOWS 7 UPGRADES AFFECTING YOUR NDSP?

Be a Designated Driver tonight - It could save a life

The designated driver is a great way to be safe when you are out and having drinks. The person who is the designated driver swears off alcohol for the event and promises to get everyone home safely.

First and most important, the designated driver cannot be whoever is the least drunk. Many people are probably guilty of having “just one glass of wine or a beer” before getting behind the wheel. Depending on a number of factors, that one drink could be ‘one too many’. So make the decision on who will be the designated driver before going out, and then stick to the plan. Take turns being the designated driver on different occasions, so it is not always one person who is responsible.

It is important that the designated driver gets possession of the car keys first, before going out. This way, the designated driver won't have to get them later possibly under uncomfortable circumstances. The designated driver gets the keys first to ensure he or she is the only one equipped to drive.

The designated driver makes a commitment to stay sober for the duration. If you have a large group of people you may need to have more than one designated driver. As always, if you know you will be drinking, you want to make a plan and stick to it. Where you are going, who else is going, and how you getting there are all things to consider before heading out.

Having a designated driver doesn't mean you can go crazy and become so intoxicated you are unable to think straight. If you're out of control there is a very good chance you will end up in some kind of trouble that your designated driver cannot protect you from. So play it safe and give yourself a limit on how much you are drinking too. Make sure you thank your designated driver while you're at it. Maybe paying for the gas or buying dinner, for example. It's a small amount to pay compared to the cost and embarrassment of a DUI or worse, the cost of a life.

For more information visit
www.drinkinganddriving.org

Designated Driver Do's

- ✓ Designated driver gets the keys BEFORE the drinking begins.
- ✓ Designated driver refuses to drink ANY alcohol.
- ✓ Treat your designated driver to dinner or non-alcoholic drinks.
- ✓ Take turns being designated driver.
- ✓ Offer to be the designated driver.

Designated Driver Don'ts

- ✓ The designated driver is NOT the 'least drunk of the bunch'.
- ✓ Do NOT make the same person be the designated driver every time.
- ✓ **NOT A SIP!**

we salute you, designated driver



Americans turn Out in Droves for DEA's Seventh National Prescription Drug Take-Back Day

NOV 06 (WASHINGTON) - The American people have again responded in droves to the most recent DEA-led National Prescription Drug Take-Back Day. Last Saturday citizens turned in 647,211 pounds (324 tons) of expired and unwanted medications for safe and proper disposal at the 5,683 take-back sites that were available in all 50 states, the District of Columbia, and U.S. territories. This is the second-largest collection of medications in seven Take-Back Days. When the results of the seven events to date are combined, the DEA and its state, local, and tribal law-enforcement and community partners have removed over 3.4 million pounds (1,733 tons) of medication from circulation. (A breakdown of the last Take-Back Day's results by state can be seen [here](#).)

"The American people have once again responded to the National Prescription Drug Take-Back Day event, and we thank them for participating in this effort to battle prescription drug abuse," said DEA Administrator Michele M. Leonhart, who added that 4,114 agencies participated with DEA nationwide in this event. "These take-back events highlight the problems related to prescription drug abuse and provide a unique and meaningful service to our citizens.

While we continue to finalize a uniform system for prescription drug disposal, we will continue to sponsor these take-back opportunities and give Americans the opportunity to contribute to the solution. DEA is grateful to the many federal, state, local, and tribal partners that have helped make this effort so successful."

This initiative addresses a vital public safety and public health issue. Prescription drugs that languish in home medicine cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high; more Americans (6.8 million) currently abuse prescription drugs than the number of those using cocaine, heroin, hallucinogens like LSD, and inhalants (sniffed household products) combined, according to the 2012 National Survey on Drug Use and Health. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Take-Back Days are presently needed because the Controlled Substances Act (CSA) as originally written didn't provide a way for patients, caregivers, and pet owners to dispose of such controlled substance (CS) medications such as painkillers, sedatives, tranquilizers, and stimulants like ADHD drugs.



People were flushing their old meds down the toilet or throwing them in the trash, but in recent years medicines have been found in the nation's water supplies, and medications were being retrieved from the trash by those who would abuse or sell them.

To give people a more environmentally responsible and secure way to dispose of their meds, DEA launched its first Take-Back event in September 2010. Four days later, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the CSA to allow people and, in some instances, long term care facilities to regularly, conveniently, and safely dispose of their CS medications by delivering them to entities authorized by the Attorney General to accept them. DEA is in the process of finalizing regulations to implement the Act.

For more information visit:

http://www.deadiversion.usdoj.gov/drug_disposal/index.html

Keep What You've Earned Campaign Wins Top Marketing and Communications Awards

The U.S. Navy's Twenty-First Century Sailor Office was awarded two Platinum level MarCom Awards on November 1, 2013 for excellence and creativity of the Navy's flagship responsible drinking campaign, "Keep What You've Earned," and its associated mobile application game.

The MarCom Awards are an international competition honoring the best work by advertising agencies, public relations firms, public affairs departments, and creatives in the industry, with approximately 6,000 entries per year.

"The Keep What You've Earned campaign and its upcoming mobile app, 'Pier Pressure,' would not have been awarded this well-deserved, industry recognition without the meaningful participation and input we received from Sailors during the campaign's development," said Rear Admiral Sean Buck, Director of the Twenty-First Century Sailor Office (N17). "It is a true testament to the thoughtful planning, creativity, innovation, and hard work our Sailors and Navy personnel put into this campaign."

Buck said the campaign, which launched in April 2013, seeks to encourage responsible drinking habits among Sailors by focusing on the achievements in their Navy careers. The campaign was developed and implemented as a joint effort between the Navy Alcohol and Drug Abuse Prevention Office (NADAP) and Navy Personnel Command Public Affairs.



"In addition to the validation we received from the MarCom awards, the Keep What You've Earned campaign is already showing significant results in the six months since its launch,"

said Dorice Favorite, Director of NADAP. "Thousands of campaign supporters have downloaded our campaign materials, viewed our public service announcements, and engaged with us on social media."

But Favorite attributes the true success story to the Sailors themselves. "We saw a 51 percent decrease in alcohol incidents from Memorial Day through Labor Day compared to the same period last year," said Favorite. "Sailors are making responsible drinking choices. The achievement is theirs."

The overall Keep What You've Earned campaign was awarded at the Platinum level against competitors in the category for integrated marketing campaigns, and Pier Pressure won Platinum in the category for mobile apps. The app is set to launch in app stores later this year.

For more information about the campaign and to help promote responsible drinking within your command, visit www.nadap.navy.mil.

To learn more about the MarCom Awards and view the entire list of winners, visit <http://marcomawards.com/>.

Safe Use of Prescription Drugs and Tips on How to Avoid Misusing Them

Most people take medicines only for the reasons their doctors prescribe them. However, an estimated 20 percent of people in the United States have used prescription drugs for nonmedical reasons. Understanding how to take prescription drugs appropriately can keep a Sailor safe and save their career.

The Navy's zero tolerance policies regarding drug use are no surprise to Sailors. Any Sailor determined to be using, possessing, trafficking, manufacturing or distributing drugs or drug abuse paraphernalia is required to be administratively separated (ADSEP) from the military. What some Sailors may not realize is that drug misuse and abuse not only includes the use of illegal drugs but also any inappropriate use of pharmaceuticals, even if they are prescribed by a healthcare provider.

Inappropriate use of pharmaceuticals includes taking a prescription medication:

- **Outside of its intended purpose.** For example, taking a narcotic now for back pain when the medication was originally prescribed a year ago following knee surgery.
- **Past the prescribed date.** Be sure to look at prescription labels, attached information sheets, and only take the medication for the period of time prescribed and do not take a prescription that has expired.
- **In excess of the prescribed dosing regimen.** Any variation of the prescribed dose can have serious health impacts.
- **That was prescribed to another individual,** such as a shipmate, spouse or friend.

Sailors who have a urinalysis sample that is identified as positive for controlled substances for which they do not have a valid prescription, may be subject to punishment under the Uniform Code of Military Justice and processed for administrative separation from the Navy. Sailors should take the extra precaution to know all the facts and consequences. And when you are not 100% sure, ask your healthcare provider. Some ways to avoid misusing prescription drugs include:

1.	Never take more than the recommended amount. Before increasing or decreasing your dosage, check with a qualified health professional.	5.	Note any changes in your mood and physical condition. This information may be helpful to your physician.
2.	Tell your doctor if you have experienced drug addiction in the past.	6.	Read any instructions you are given regarding taking prescription drugs.
3.	Regularly visit your doctor to check up on your improvement. By doing this, your health professional can assess your improvement and the effectiveness of any medications.	7.	Only use medication prescribed to you. Using someone else's prescription, or letting a friend have your prescribed medication is illegal, dangerous and will cost you your career.
4.	Follow the advice (regarding your prescription) of your doctor. Avoid certain foods, drinks, or activities which may be harmful to your recovery. If your doctor has not mentioned any, ask about this.	8.	Talk with your doctor regarding any tolerance you may have built up to your prescription.

It is the Sailor's responsibility to ensure they are fully aware of the proper use of any medication they are taking, and that they understand the consequences of taking a prescription medication inappropriately. Protect your life and your career. Use prescription drugs the right way.

A Good Host's Party Planning Check List

The Holidays are here and you want your party to go off without a hitch. That includes getting everyone home safely afterwards. If you throw a party where alcohol will be served, you have some very real responsibilities. Depending on the laws of your state if you host a party and serve alcohol you could potentially be legally liable if an intoxicated party guest drives away and gets in an accident. Before, during, and after your party, there are things you can do to keep everyone safe.



Party Preparation

- ✓ Remember you are potentially liable if anyone leaves and has an accident.
- ✓ Prepare for an overnight guest or two – air mattresses and sleeping bags, anyone?
- ✓ Have taxi phone numbers handy
- ✓ Make sure you know who the designated drivers are.
- ✓ Make sure the designated drivers have the keys.
- ✓ Make sure designated drivers are parked where they are not blocked by other cars.
- ✓ Plan activities like party games, door prize drawings or amateur fortune-telling. Planned activities engage people, make for less active consumption of alcohol and ensure that your friends remember the great event long after the last piece of confetti has settled.
- ✓ Provide plenty of food to keep your guests from drinking on an empty stomach.
- ✓ Avoid too many salty snacks, which tend to make people thirsty and drink more.
- ✓ Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol.

During the Party

- ✓ Make sure the designated drivers don't drink.
- ✓ Be aware of who gets too drunk to drive and make sure they have a safe ride home.
- ✓ Don't let anyone leave without your knowledge.
- ✓ Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- ✓ Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
- ✓ If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
- ✓ Do not push drinks! Drinking at a party is not mandatory for having a good time.
- ✓ Have fun – but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
- ✓ Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- ✓ If, despite your efforts, some of your guests have had too much to drink- take control. Drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.

Mentoring and Communication Skills

The Navy's Drug Education for Youth (DEFY) Program is currently in the "Mentoring" phase of the program, which runs through the school year. One of the key factors in Mentoring youth is Communication Skills. Here are some good tips for all to follow even if you're not a mentor in DEFY.

As a mentor, the most important thing you'll contribute besides helping the youth reach his or her goals is a trusting relationship. And communication is the key. But believe it or not, no one is a born communicator. Good communication takes time and practice.

Here are some of the keys to good communication:



Active listening: Active listening means listening with your head, not just your ears. It's the ability to focus on and feel what you're being told.

Assertiveness: This means expressing your feelings effectively and appropriately, and setting boundaries where necessary. Some people are uncomfortable being assertive, but rest assured, it's a skill you can learn like any other.

Empathy: To understand how the other person feels without being judgmental. Don't confuse empathy with sympathy, which means feeling sorry for or feeling pity for someone who's in a worse situation than you are.

Open-mindedness: It's important to be as non-judgmental as possible and accept that your protégé has a right to hold his or her own beliefs (personal, political, religious, or any other) even if you disagree.

Self-awareness: Recognize and accept your own limitations. It's important to identify your feelings and their source, and accept responsibility for your feelings and actions.

Support: In a mentor relationship, it's important to offer moral support, acceptance, and encouragement despite personal disapproval over the decisions your protégé has made.

Trust: This involves demonstrating your feelings and views to another and being open to her reactions. This means taking risks, making yourself vulnerable, and accepting the fact that sometimes your trust may be abused. Scary, isn't it! The pay-off, however is better communication for everybody.

Are Windows 7 Upgrades Affecting Your NDSP?

If your computer is being upgraded to Windows 7, take the below steps to prevent any data loss. These steps are recommended at all times.

1. Back up your program to a secondary location every time you exit the program (i.e. External Hard Drive/rewritable CD; share drive folder with only UPC access)
2. Moving from NDSP 5.2.3 with WIN XP to 5.2.6.1 WIN 7 on the same machine
 - ✓ Change the backup database file extension from .dtp to .zip
 - ✓ Use WINZIP to extract your backup files into the Data folder
 - ✓ Select "Yes to all" to replace all the files in the data folder
3. Moving from NDSP 5.2.6.1 XP to 5.2.6.1 WIN 7
 - ✓ Restore the database from the alternate location

If you attempt to access the program and get an error message that reads "Data appears to be in an older format, do you wish to continue?" this means the program did not complete a restore process and there's no data to read in the data folder. Click "Yes", and you will have access to the main page after a few error messages. However, you will not be able to do any functions. You will have to extract data files from your most recent backup, into the data folder. See step 2 above on using WINZIP.

If you attempt to access the program and "DTP cannot find program graphic" appears, the program is unable to discern which branch of service fields to activate in the background. Click Ok until you get to the main screen and do the following:

- ✓ From the main page, go into System Utilities on the right.
- ✓ Select System Parameters and click on the Service tab.
- ✓ Click on the little yellow folder.
- ✓ Highlight the USN.jpg and click Open, then Ok.
- ✓ After these changes, make sure you back up your database to "C:\\" and then you can back up your program to any other location.

For immediate assistance with NDSP, please call (901) 874-4204 or email us at mill_ndsp@navy.mil. Remember, if you need a password reset or other assistance, we MUST have a copy of the primary UPC letter of designation.

ADMITS UPDATE:

Due to BOL upgrades, access to ADMITS is limited at this time. As the Navy works to strengthen its security, we ask that you continue to document, screen, and treat members where appropriate.

Access to ADMITS should not stop screening and treatment. Request you hold DAARs and screening and treatment results on station until this problem is resolved. Urinalysis results have continued to be uploaded into ADMITS via iFTDTL during this period and will be available immediately once access has been restored. We appreciate your patience in this matter.

ADMITS Helpdesk:

Phone: (901) 874-4214

Email:

MILL_ADMITS@NAVY.MIL

Fax: (901) 874-6655